

Recommended Resources

American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)

www.aahperd.org

American's Authorities on Fitness

www.acefitness.org

American Heart Association

www.americanheart.org

Brain Breaks: A Physical Activity Idea Book for Elementary Teachers

www.emc.cmich.edu

Fitnessgram®/Activitygram® 8.0

www.fitnessgram.net

Governor's Council on Physical Fitness on Health and Sports (EPIC)

www.michiganfitness.org

Great Activities Publishing Company

Kamiya@mindspring.com

Michigan Association for Health, Physical Education and Dance

www.mimahperd.org

Michigan Action for Healthy Kids

www.actionforhealthykids.org

PE Central

www.pecentral.org